

Baked Breakfast Steaks

Back when people lived on farms and raised their food, a full breakfast was vital. Of course, it wasn't as soon as they rolled out of bed. While some members of the family stumbled through dawn, or predawn chores, another one or two people would be in the kitchen cooking up a meal that would serve as both breakfast and a light lunch. An hour or two after waking, the family members doing animal feeding chores would stumble into the kitchen with rumbling stomachs to pork chops, steaks, and potatoes. They'd carry leftovers with them to snack on throughout the day.

Pre Cook Preparation:

Marinate: No

- A. Timer set to thaw meat for about 2 hours, or thaw the night before
- B. Timer set to the time to begin preparation prior to cooking
- C. Timer set for 1 hour later, when meal should be ready to eat

Meal Adaptations:

Physical Accommodations:

Cut meat to bite sized pieces before sitting down

Frozen or canned vegetables can be used

Long oven mitts and oven rack puller

Sit on a stool while stirring

Visual Accommodations:

Colored chopping boards

Potential Food Allergy or Intolerance:

Butter (lactose)

Pepper

Pork

Potatoes

Spices

Meatless Preparation Avoid:

Butter

Pork

Substitute with: _____

Utensils:

Chopping Board

Fork

Paring knife

Pot holders

Spatula

Spoon

Pan: 2.5 quart oven safe oblong pan with lid

Ingredients:**Meat:**

Pork chops

Steaks

Vegetables:

Fried potatoes

Other ingredients:

Dash of salt

Spices, such as pepper, to taste

Preparation time: 10 minutes

Preparation:

1. Place chops or steaks in 2.5 quart oven safe oblong pan with lid.
2. Add enough water to cover the bottom of the pan.
3. Place pan in oven.

Cook Temperature: 350 degrees

Cook Time: Depends on thickness

Small ones: about 30 minutes

Thick ones: an hour

Servings: 1 chop, or steak, per person

Storage Solutions: Square containers in individual servings with or without vegetables

Counter safe: 30 minutes to an hour to cool enough to place in the fridge or freezer

Fridge safe: 3 to 4 days * Per FDA Storage Chart link in Resources

Freezer safe: 2 to 3 months * Per FDA Storage Chart link in Resources

Reheat Instructions:

Microwave: Time and temp may vary.

1. Place in a microwave safe dish (not plastic).
2. Heat until food is fully hot and reaches a safe temperature.
3. Minimum 2 minutes.

Add your microwave time here: _____.

Stove Top: Time and Temp may vary.

1. Place food in frying pan.
2. Add enough water to almost cover food.
3. Stir frequently while food heats, until thoroughly warm, about 10 minutes.

Add your stove time here: _____.

Oven Directions: Time and Temp may vary.

1. Place in oven safe pan.
2. Add a little water.
3. Heat until thoroughly warm, about 20 minutes.

Add your oven time here: _____.